



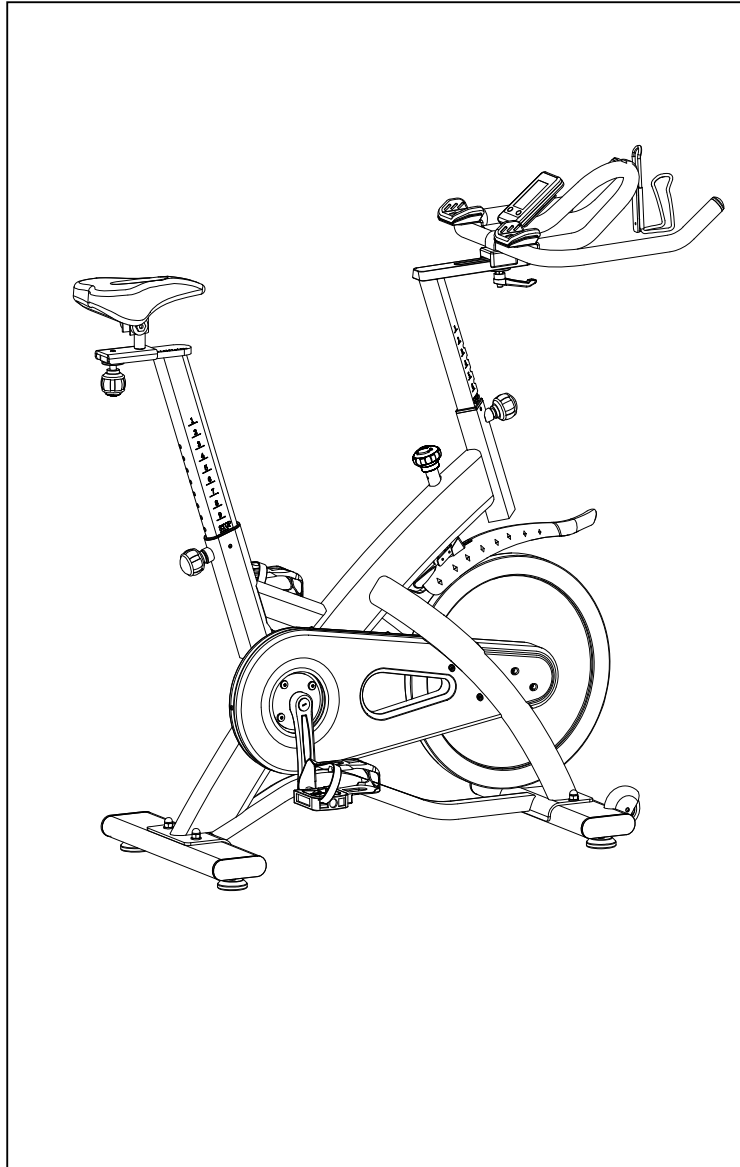
## OWNER'S MANUAL

Model No.  
16204670650

- *Assembly*
- *Operation*
- *Exercise*
- *Parts*
- *Warranty*

**CAUTION:**  
You must read and understand this owner's manual before operating unit.

## *Indoor Cycle Trainer*



### **RETAIN FOR FUTURE REFERENCE**

Dyaco Canada Inc. 5955 DON MURIE STREET, NIAGARA FALLS, ONTARIO L2G 0A9

# Manufacture's One-Year Limited Warranty

Your **XTERRA** Indoor Cycle Trainer is warranted for one year from the date of purchase against defects in material when used for the purpose intended, under normal conditions and provided it receives proper care. Any part found defective or missing will be sent at no cost when returned in accordance with the terms of this warranty.

Frame: 1 year

Parts: 1 year

Labour: 1 year

This warranty is not transferable and is extended only to the original owner.

The warranty shall not apply to exercise units which are (1) used for commercial or other income producing purposes, or (2) subject to misuse, neglect, accident or unauthorized repair and alterations.

This warranty provided herein is lieu of all other express warranties, any implied warranties, including any implied warranties of merchantability of fitness for particular purpose, are limited in duration to the first 12 months from date of purchase. All other obligations or liabilities, including liability for consequential damages are hereby excluded.

## REPAIR PARTS AND SERVICE

All of the parts for the Indoor Cycle, shown in figure can be ordered from Dyaco Canada Inc. 5955 DON MURIE STREET, NIAGARA FALLS, ONTARIO L2G 0A9. When ordering parts, the parts will be sent and billed at the current prices. Prices may be subject to change without notice. Check or money order must accompany all orders. Standard hardware items are available at your local hardware store.

To ensure prompt and correct handling of any errors, or to answer any questions, please call our Toll Free number: 1-888-707-1880, or local number 1-905-353-8955 or fax 1-905-353-8968 or email [customerservice@dyaco.ca](mailto:customerservice@dyaco.ca) or visit us at: [www.dyaco.ca](http://www.dyaco.ca). Office hours are from 8:30 AM to 5:00 PM Monday to Friday Eastern Standard Time.

Always include the following information when ordering parts

- Model number
- Name of each part
- Part number of each part

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## SAFETY PRECAUTIONS

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and/or omissions do occur. In any event should you find this product to have either a defective or a missing part please contact us for a replacement.

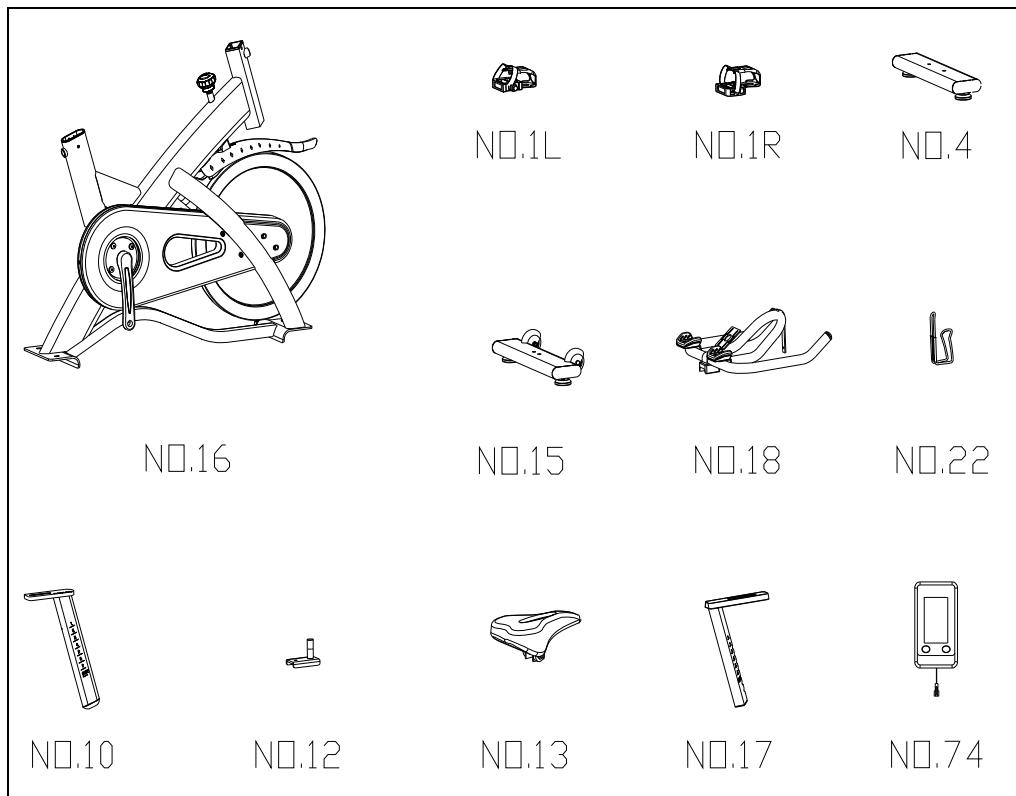
This product has been designed for home use only. Product liability and guarantee conditions will not be applicable to products being subjected to professional use or products being used in a gym centre.

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions:

1. Read the OWNER'S OPERATING MANUAL and all accompanying literature and follow it carefully before using your Indoor Cycle Trainer.
2. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. Inspect your exercise equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
4. The Cycle Trainer must be regularly checked for signs of wear and damage. Any part found defective, the part must be replaced with new spare part from the manufacturer.
5. Fitness equipment must always be installed on a flat surface, do not place the unit on a loose rug or uneven surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor.
6. No changes must be made which might compromise the safety of the equipment.
7. It is recommended to have a minimum of 2' safe clearance around the exercise equipment while in use.
8. Keep children and pets away from this equipment at all times while exercising.
9. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent you from straining muscles.
10. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed
11. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your Indoor Cycle Trainer.
12. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques
13. User weight should not exceed 330 lbs.

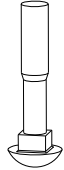
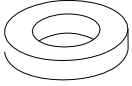

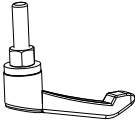

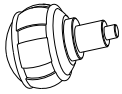

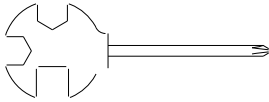

**WARNING: Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.**

## PRE-ASSEMBLY CHECK LIST



PART NO.	DESCRIPTION	Q'TY
1L	Left pedal	1
1R	Right pedal	1
4	Rear stabilizer	1
10	Seat post	1
12	Sliding tube	1
13	Seat	1
15	Front stabilizer	1
16	Main frame	1
17	Handlebar post	1
18	Handlebar	1
22	Water bottle holder	1
74	Computer ST-6521	1

## HARDWARE PACKING LIST

Part NO	Description	Q'ty	Drawings	
3	Carriage bolt M10*55	4		
5	Flat washer φ10	4		
6	Domed nut M10	4		
19	L type lock knob	1		
20	Flat washer φ45*φ10.5*4	2		
25	Ball head quick release knob	2		
26	Ball head lock knob	1		
84	Cross head spanner	1		
85	Universal Tool	1		

**Above described parts are all the parts you need to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.**

# ASSEMBLY INSTRUCTIONS

This manual is designed to help you easily assemble, adjust and use this machine. Please read this manual carefully. For the sake of familiarizing yourself with the parts identified in the instruction, first study the overview drawing.

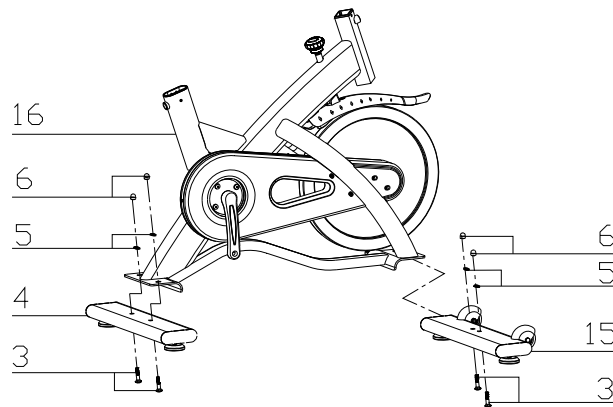
Set all parts in a clear area on the floor and remove the packing material. Refer to the parts list for help to identify the parts.

It will take two people to assemble your unit.

**ENSURE THAT ALL NUTS AND BOLTS ARE FIRMLY TIGHTENED AFTER EACH STEP**

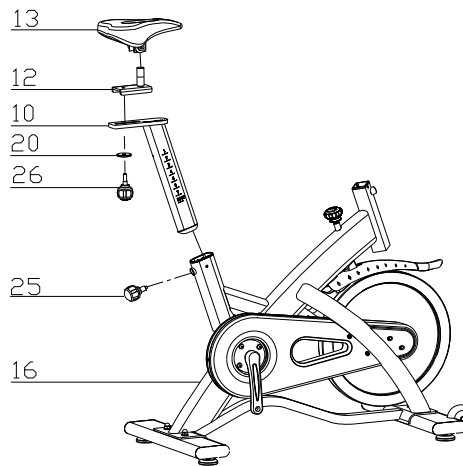
## STEP 1

1. Attach the front stabilizer (15) to the main frame (16). Secure using two carriage bolts (3), two flat washers (5) and two domed nuts (6).
2. Attach the rear stabilizer (4) to the main frame (16). Secure using two carriage bolts (3), two flat washers (5) and two domed nuts (6).



## STEP 2

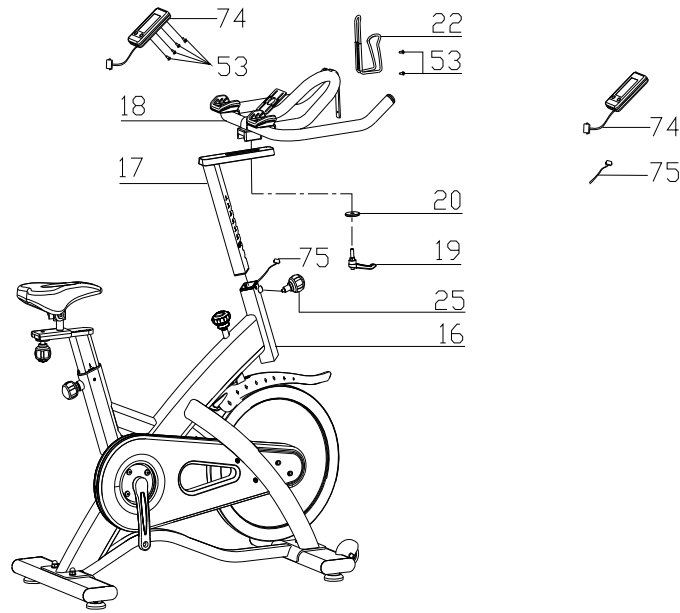
1. Release the nuts on the backside of seat (13), attach the seat (13) to sliding tube (12), and then re-tighten the nuts.
2. Insert the sliding tube (12) into the seat post (10). Secure using a ball head lock knob (26) and flat washer (20).
3. Insert the seat post (10) into the Main frame (16). Secure using a quick release knob (25).  
Note: The seat can be horizontally and vertically adjustable after your cycle is fully assembled.



### STEP 3

1. Insert the handlebar post (17) to the main frame (16). Secure using a quick release knob (25).
2. Attach the handlebar (18) to the handlebar post (17). Secure using L lock knob (19) and flat washer (20).
3. Attach computer (74) onto the computer bracket and secure using 4 screws (53) which are pre-assembled on the computer (74). Attach sensor wire (75) to monitor (74).

**Note:** The handlebar post can be horizontally and vertically adjustable after your cycle is fully assembled.

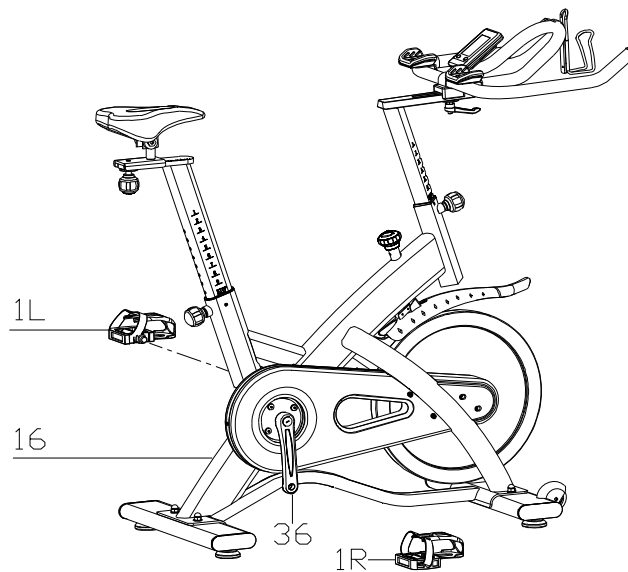


### STEP 4

Attach the left pedal (1L) to the left crank (33).

Attach the right pedal (1R) to the right crank (36).

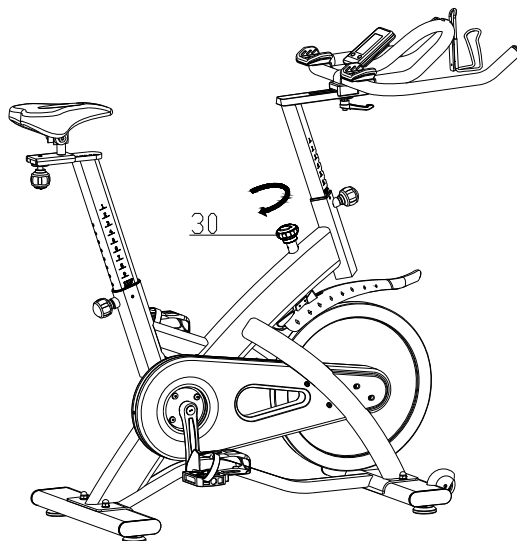
Note: The right pedal should be threaded on clockwise and the left pedal on counter-clockwise.



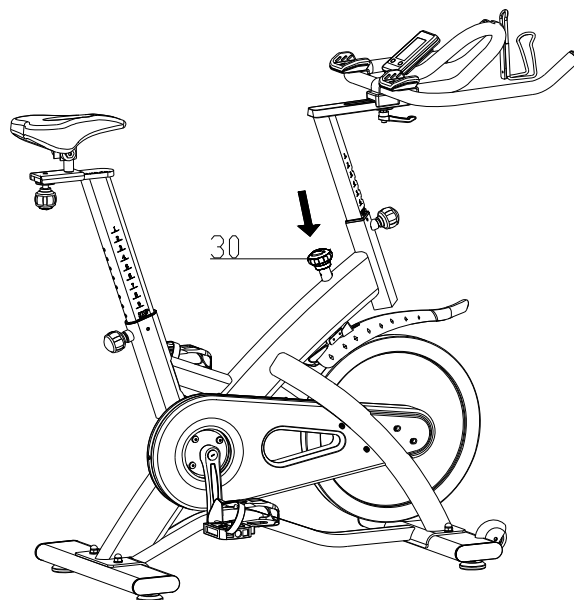
**YOUR UNIT IS NOW FULLY ASSEMBLED**

## ADJUSTING THE TENSION

1. Turn the tension knob (30) clockwise to increase the tension.
2. Turn the tension knob (30) counter-clockwise to decrease the tension.



**IMPORTANT: Press the tension knob (30) to stop the flywheel.**



**Note: If the unit is wobbly use the leveling pads on the front and rear stabilizers to level the unit.**



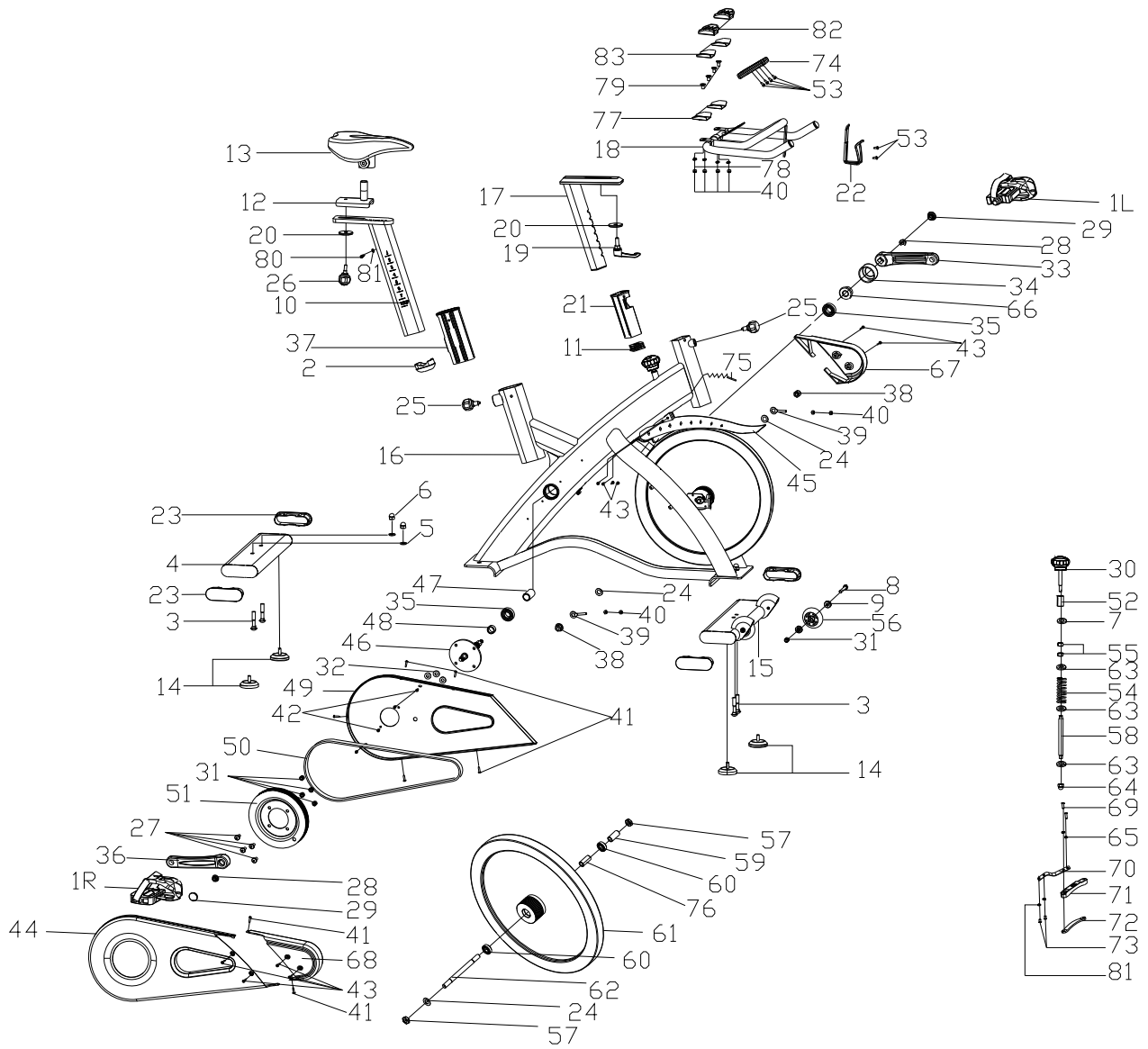
## PARTS LIST

No.	Part No.	Description	Qty
1L	6706501L	Left pedal	1
1R	6706501R	Right pedal	1
2	6706502	End cap 70*30	1
3	6706503	Carriage bolt M10*55	4
4	6706504	Rear stabilizer	1
5	6706505	Flat washer $\phi$ 10	4
6	6706506	Domed nut M10	4
7	6706507	Washer M10	1
8	6706508	Hex head bolt M8*40	2
9	6706509	Bearing 608ZZ	4
10	6706510	Seat Post	1
11	6706511	Inner end cap 38*38	1
12	6706512	Sliding tube	1
13	6706513	Seat	1
14	6706514	Leveling pad	4
15	6706515	Front stabilizer	1
16	6706516	Main frame	1
17	6706517	Handlebar post	1
18	6706518	Handlebar	1
19	6706519	L type lock knob	1
20	6706520	Flat washer $\phi$ 45* $\phi$ 10.5*4	2
21	6706521	Plastic spacer for handlebar post	1
22	6706522	Water bottle holder	1
23	6706523	End cap for stabilizer	4
24	6706524	Flat Washer $\phi$ 12	3
25	6706525	Ball head quick release knob	2
26	6706526	Ball head lock knob	1
27	6706527	Allen screw M8*16	4
28	6706528	Flange nut for crank axle	2
29	6706529	Crank end cap	2
30	6706530	Tension knob	1
31	6706531	Nut M8	6
32	6706532	Small plastic bushing	4
33	6706533	Left crank	1
34	6706534	Crank cover	1
35	6706535	Bearing 6004ZZ	2
36	6706536	Right crank	1
37	6706537	Plastic spacer for seat post	1
38	6706538	Flange nut for flywheel axle	2
39	6706539	Eye bolt M6*58	2
40	6706540	Hex head nut M6	8
41	6706541	Self-tapping screw 1	8
42	6706542	Self-tapping screw 2	4

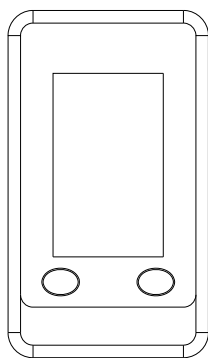
## PARTS LIST

No.	Part No.	Description	Qty
43	6706543	Self-tapping screw 3	10
44	6706544	Chain cover	1
45	6706545	Flywheel cover	1
46	6706546	Axle for crank	1
47	6706547	Long bushing for crank	1
48	6706548	Short bushing for crank	1
49	6706549	Inner chain cover	1
50	6706550	Belt	1
51	6706551	Belt pulley	1
52	6706552	Tension knob fixing bushing	1
53	6706553	Screw M5*10	6
54	6706554	Spring $\phi$ 18	1
55	6706555	Nut M10	2
56	6706556	Transportation wheel	2
57	6706557	Hex head nut M12	2
58	6706558	Screw rod	1
59	6706559	Spacer for Flywheel	1
60	6706560	Bearing 6001ZZ	2
61	6706561	Flywheel	1
62	6706562	Axle for flywheel	1
63	6706563	Flat washer $\phi$ 20* $\phi$ 14*2.0	3
64	6706564	Domed nut M10	1
65	6706565	Flat washer $\phi$ 6	2
66	6706566	Hex head nut M20	1
67	6706567	Left flywheel cover	1
68	6706568	Right flywheel cover	1
69	6706569	Allen screw M6*12	2
70	6706570	Adjusting metal	1
71	6706571	Brake pad holder	1
72	6706572	Brake pad	1
73	6706573	Hex head bolt M5*10	2
74	6706574	Computer ST-6521	1
75	6706575	Sensor wire	1
76	6706576	Spacer for Flywheel	1
77	6706577	Elbow pad support holder	2
78	6706578	Flat washer $\phi$ 8	4
79	6706579	Screw M6*18	4
80	6706580	Allen screw ST4.8*13	1
81	6706581	Spring washer	3
82	6706582	Elbow pad	2
83	6706583	Velcro for elbow pad	2
84	6706584	Cross head spanner	1
85	6706585	Universal Tool	1

# DIAGRAM



# MONITOR INSTRUCTIONS



## FUNCTION BUTTON

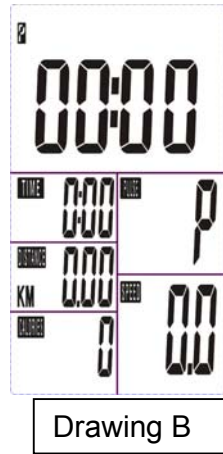
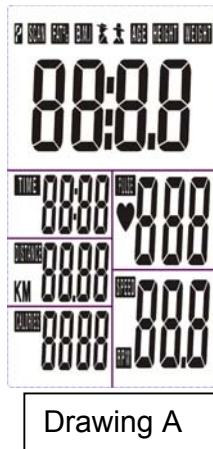
- MODE/RESET:** To confirm all settings.  
Press this button and hold for 2 seconds to reset all function figures.
- SET:** To set up the value of TIME, DISTANCE, CALORIES, PULSE.  
You can hold the button to increase the value fast. (The computer has to be in stop condition.)

## FUNCTION:

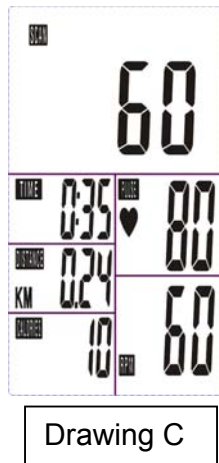
- SCAN:** Displays all function TIME→DISTANCE→CALORIES→ PULSE→ RPM/SPEED in sequence.
- RPM:** Displays the pedaling Rotation Per Minute. The RPM and SPEED will switch to another display in every 6 seconds after exercise starts.
- SPEED:** Displays the user's exercise speed.
- TIME:** You can press "SET" button to set target time between 0:00 to 99:00 for count down function.  
It can be set up by the user or accumulated automatically for count up function.
- DISTANCE:** You can press "SET" button to set target distance between 0:00 to 99:50 for count down function.  
It can be set up by the user or accumulated automatically for count up function.
- CALORIES:** You can press "SET" button to set target calories between 0 to 9990 for count down function.  
It can be set up by the user or accumulated automatically for count up function.
- PULSE:** Displays the user's pulse. User may set the target pulse. When pulse value reaches to the target, the computer will alarm with a "beep" sound.

**OPERATION PROCEDURE:**

1. Installs 1 piece of CR2032 3V battery, then the screen will display as following “Drawing A” and have a “beep” sound at the same time, then enter to the calendar setting (year, month, day, and clock) and press “MODE” button for confirmation. After that, it goes to the next step to the main menu as “Drawing B”.



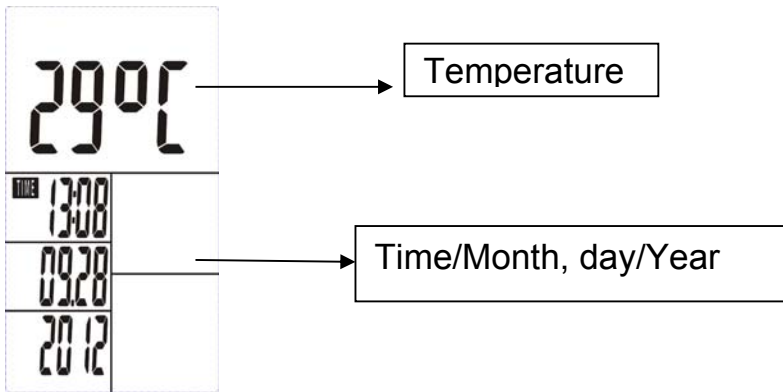
2. Get access to the set-up mode of TIME/DISTANCE/CALORIES/PULSE. When you are in each set-up mode, for example in the time set-up mode, time value is blinking, you can press “SET” button to adjust the value and press “MODE” for confirmation. The set-up of DISTANCE, CALORIES, PULSE is the same as TIME.
3. With any signal been transmitted into the monitor, the value of TIME, DISTANCE, CALORIES start to count up as Drawing C. When any function has been preset to target (TIME or DISTANCE or CALORIES), the function will be counting down from the preset to zero while the training starts. Once the target is achieved to zero, the monitor start to “beep” for 8 seconds, and the function will be counting up from zero directly if the training is going. Press “MODE” button for confirmation and skip to next set-up.
4. In SCAN mode shown as “Drawing C”. TIME/DISTANCE/CALORIES/PULSE/(RPM/SPEED) will skip to display every 6 seconds. The order is as follows.



5. You can also press “MODE” button to select single function display except RPM & SPEED function. The RPM & SPEED function will switch display

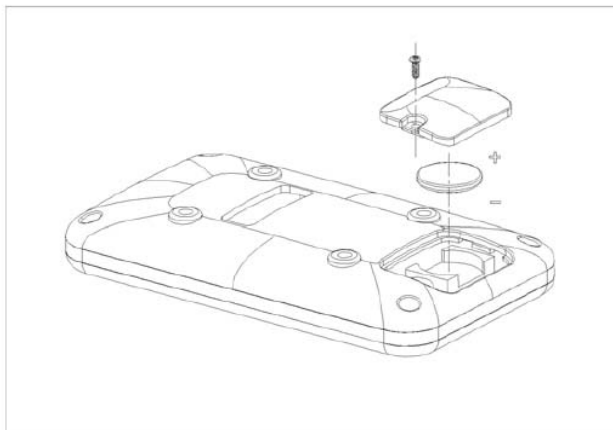
**Note:**

1. Stop training for 4 minutes, the main screen will be off and display the room temperature and the calendar automatically as the following.



You may press any button to have the computer to restart working, the original value will retain.(If re-installing batteries, the original value will remove.)

2. If the computer displays abnormally, please re-install battery and try again
3. Battery Spec: 3V CR2032 (1PC). Battery replacement instruction:



- ① Remove screws from the battery cover
- ② And remove the cover
- ③ Battery install
- ④ Put the battery cover back

## TROUBLE SHOOTING

Problem	Cause	Correction
Monitor does not display	Batteries weak or dead	Replace batteries
No speed or distance displays on the monitor	Sending unit or sensor not connected	Securely plug sending unit or sensor into extension wire and at the back of the monitor
	Sending unit or sensor not working properly	Replace sending unit
	Monitor not working properly	Replace monitor
Squealing	Brake pads are worn	Replace the brake pads

## Maintenance

The safety of this produce can be maintained only if regular periodic checks are made. Most checks can be performed once a week. However, some checks should be made before each workout, and are indicated as such below.

## Checks

- Be sure battery is new and electronic connection are clean and tight.
- Check that seat nuts are secure, check before each workout.
- Check that pedals are tight pedals can work loose over time.
- Check that stabilizer bolts are tight, check before each workout this.
- Check that handlebar is secure, if not, tighten, and check before each workout this.
- Should a part become defective, replace it immediately. Do not allow use of the equipment until it has been repaired.

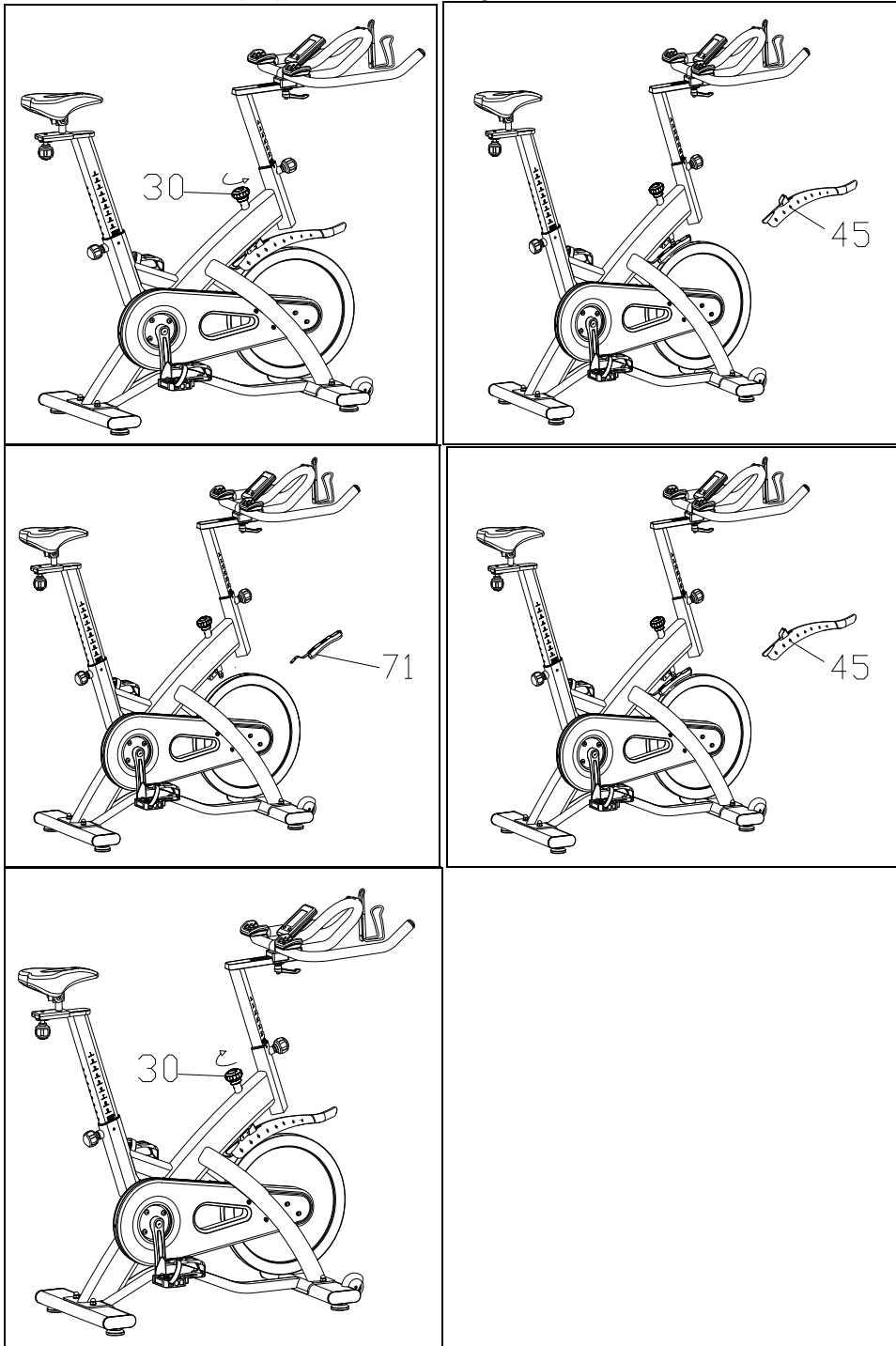
## Cleaning

Almost all surfaces are washable. A damp cloth is sufficient to clean most surfaces of this unit. Be careful not to drip water on the monitor. A mild liquid soap may be added if needed.

**Always ensure batteries are fresh and in correctly.**

## HOW TO REPLACE THE BRAKE PADS

1. Turn the tension knob (30) counter-clockwise to decrease the tension.
2. Remove the flywheel cover (45).
3. Pull up the brake bracket (71), then remove the brake pads and insert the replacement brake pads into the brake bracket (71).
4. Attach the flywheel cover (45).
5. Turn the tension knob (30) clockwise to adjust the tension.





# TRAINING GUIDELINES

## Exercise

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

## Basic Components of Physical Fitness

There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role.

**Strength** is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

**Muscular Endurance** is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

**Flexibility** is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

**Cardio-Respiratory Endurance** is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs

## Aerobic Fitness

The largest amount of oxygen that you can use per minute during exercise is called your **maximum oxygen uptake** (MVo<sub>2</sub>). This is often referred to as your **aerobic capacity**.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO<sub>2</sub> indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

### **Anaerobic Training**

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, 100 meter sprint).

### **The Training Threshold**

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

### **Progression**

As you become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

## **Overload**

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised.

Working through your program and gradually increasing the overload factor is important.

## **Specificity**

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.

There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

## **Reversibility**

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

## **Warm Up**

Every exercise program should start with a **warm up** where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.

Stretching should be included in both your **warm up** and **cool down**, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

## **Warm Down or Cool Down**

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles

## **Heart Rate**

As you exercise, so the rate at which your heart beat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are "starting fitness".

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

### **Pulse Count**

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

### **Endurance Circuit Training**

Cardiovascular endurance, muscle, strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

### **Body Building**

Is often used synonymously with strength training. The fundamental principal here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

### **Patronization**

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting "stale", bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better for it.

### **Muscle Soreness**

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

## **What to Wear**

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or “sneakers”.

### ***Breathing during Exercise***

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

### ***Rest periods***

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

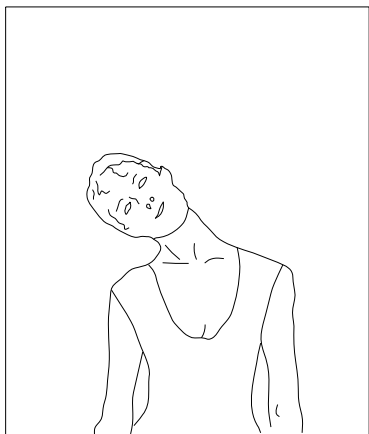
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods.

# STRETCHING

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

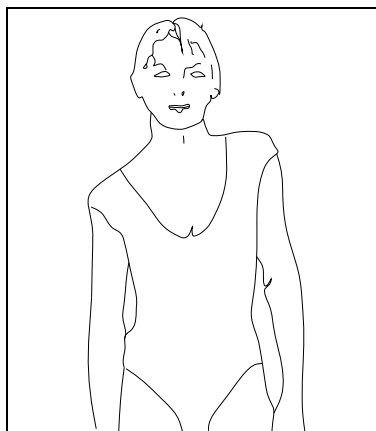
## HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



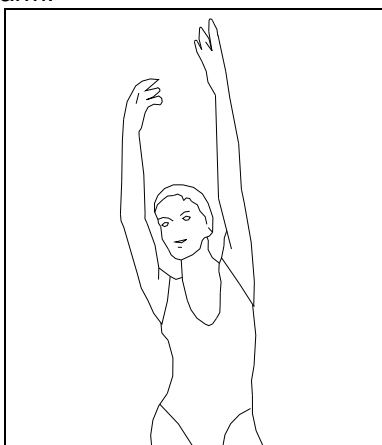
## SHOULDER LIFTS

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



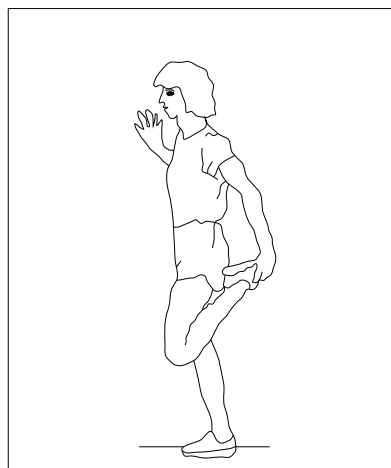
## SIDE STRETCHES

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



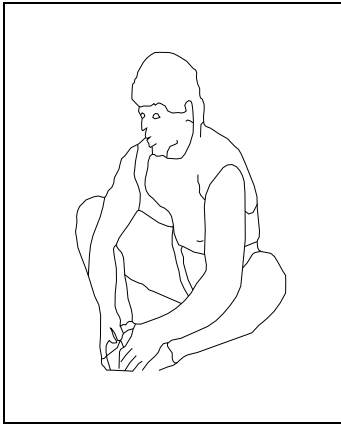
## QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



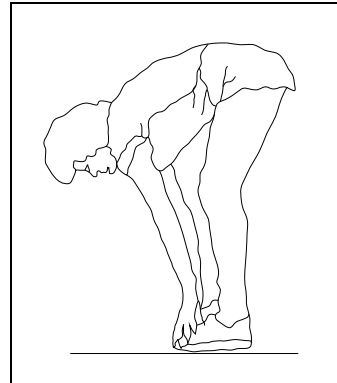
### **INNER THIGH STRETCH**

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



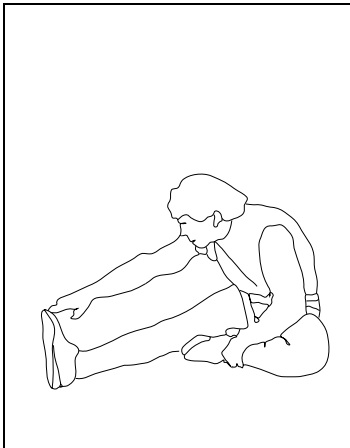
### **TOE TOUCHES**

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



### **HAMSTRING STRETCHES**

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



### **CALF / ACHILLES STRETCH**

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

